

# KEE CONCEPTS OF COMMUNICATION

## RESPECT

The foundation of Kee Concepts is respect. Respect is a cornerstone of human interaction and of life itself. Respect is the foundation of which all conversation should be based. The number one statement heard in therapy with children is "I just want them to listen to me." Whether it be parents, teachers, coaches or any adult youth encounter day to day, they want to be heard. Respect, means being heard.

## LISTEN AND VALIDATE

As adults, we often feel a need to fix the problem for our youth or talk them out of what they are thinking and/or feeling. Ask yourself, why is it so hard for adults to listen and support a youth in crisis? Youth do not want adults to talk them out of what they are thinking or feeling. Validation is actually hearing what the other person said and recognizing the emotion that may be a part of what they are communicating.

## WHAT DON'T I KNOW

As human beings, we all pass judgement on others many times a day, sometimes without consciously recognizing we are judging until after the fact. Imagine, if instead of passing judgment we instead stopped ourselves and asked, "What don't I know about this person I am interacting with?" We all have a story and experience that will influence the way we approach our lives.

## MEET THEM WHERE THEY ARE, NOT WHERE YOU WANT THEM TO BE

Have you ever been in a conversation with another person and thought, "I know exactly what you need to do!" Perhaps your internal dialogue continued with, "You must do (fill in the blank), it is the right thing to do." The gift in this scenario is allowing the people the opportunity to find their own way, even if it is not the way we would choose.

## DON'T FEED THE BEARS

Bears can be in the form of your child, spouse, significant other, family members, bosses, coworkers, patients, or students. A bear feeding session may look like a straightforward conversation between two individuals. Along the way, one of the individuals does not believe the other individual is listening or validating their thoughts or concerns. A bear's favorite foods are fighting words such as "You never listen."

## BACK OUT OF THE POWER STRUGGLE

As we learned in *do not feed the bears*, it is easy to find yourself in communication with a hungry bear. By gathering all of the Kee Concepts, we can come from a place of respect by listening and validating and backout out of the power struggle. If we practice communication from a place of love and respect, we may find ourselves communicating in a way all parties believe they have been heard and that they matter.